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Jackson (Jas. C.)

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HOW TO
NURSE THE SICK,

BY

JAMES C. JACKSON, M. D.,

PHYSICIAN-IN-CHIEF OF "OUR HOME ON THE HILLSIDE,"

(The largest Hygienic Infirmary in the World)

DANSVILLE, LIVINGSTON CO., N. Y.

AUSTIN, JACKSON & CO., PUBLISHERS,
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1868.

OUR HOME ON THE HILLSIDE,

DANSVILLE, LIVINGSTON CO., N. Y.

This Institution is the largest Hygienic Water Cure at present existing in the world. It is presided over by and is under the medical management of Dr. James C. Jackson, who is the discoverer of the Psycho Hygienic method of treating the sick, and under the application of which he has treated nearly 20,000 persons in the last twenty years, with most eminent success, and *without ever giving any of them any medicine.*

The Psycho-Hygienic philosophy of treating the sick, no matter what their age, sex, or disease, consists in the use of those means only as remedial agencies, whose ordinary or legitimate effect on the human living body when taken into or applied to it, is to *preserve* its health. The fallacy of giving poisonous medicines to Invalids has been abundantly shown in Our Home in the results of our treatment.

Our Institution is large enough to accommodate 250 guests, is, after the plan adopted by us, complete in all its appointments, having worthy and intelligent helpers in all its departments of labor, and who give their proportion of sympathy and influence to the creation and maintenance of a sentiment and opinion cheering to the invalid, and therefore decidedly therapeutic in its effects. The scenery about the Establishment is very beautiful, the air is dry and very salubrious, we have plenty of sunshine, and pure soft living water in great abundance. Besides all these, and which we prize as one of the highest privileges and health-giving opportunities our guests could possibly have, we live ourselves and so can enable them to live, free from fashion and her expensive and ruinous ways. Life with us is simple not sybaritic, is true not hollow and false, and so of itself tends to its own perpetuation and of course to health. A great many of our guests who have for years been great sufferers, growing steadily more sickly, begin to get well, and go on getting well in such silent yet sure, in such imperceptible yet certain ways, as never to be conscious how it was brought about. The means used seem so utterly incommensurate to the results produced, that it seems marvelous. So true is it that in Nature

"God's mightiest things
Are His simplest things,"

and that to understand *how* things are done, one needs to cultivate a teachable spirit and to cherish reverence for Law. To teach those who come to us for treatment what the laws of life are, and to awaken in them the desire to obey these laws, is to establish a most favorable condition precedent to their recovery. Sick ones, whoever you are, or wherever you are, do you want to get well? And to learn how to keep your health, having got well? Come to Our Home if you can, and once here learn the all-important lesson that

"Nature as a mistress is gentle and holy,
And to obey Her is to live."

Circulars of the Institution, or any information in regard to it, may be obtained by addressing either James C. Jackson, M. D., Miss Harriet N. Austin, M. D., or Dr. James H. Jackson. These Physicians may also be consulted by letter by the sick who are unable to attend the establishment. Fee for home prescription \$5.00.

AUSTIN, JACKSON & CO.,
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JAMES H. JACKSON,
LUCRETIA E. JACKSON, }

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DUTIES OF THE SICK CHAMBER:

Or How to Treat Invalids.

By Rev. James C. Jackson, M. D.

Since persons do not know how to live without sickness, it becomes essential that they should be so treated when sick as to get well. The sick-chamber, therefore, becomes a place of great importance, and those attendant therein have great responsibility. I offer, therefore, the following considerations bearing upon the treatment of sick persons.

No two individuals, when sick, should be treated alike, because, whatever the points of similarity between them, they really are characterized by dissimilarities. It is a remarkable physiological fact, that those constituent elements which give to a person what are termed his characteristics, are peculiar or distinctive qualities in him. They separate him from all other persons, and thus make for him a personality which is his own, and by which, everywhere, he is identified. Thus, in the department of his physical conformation, the points wherein he is unlike anybody else are those that mark him, or give him peculiar significance. So with his intellectual and moral faculties. These are chiefly noticeable for their power and growth, and in the order in which they dis-

play themselves differently from those which belong to any other individual, thus making for their possessor a peculiar and distinctive character.

GOOD NURSING NEEDED.

A person, when sick, therefore, should be related to all that becomes necessary for his convalescence and cure, in view of these. For in the measure, and to the degree in which his own individuality is considered in arranging and elaborating things for his comfort while lying on a sick bed, will the probabilities of speedy convalescence be increased.

Many more persons die from a lack of good nursing, than is generally supposed, a large majority of those who are taken sick not being at the outset smitten with diseases which in themselves are incurable. There is no cause, therefore, for their deaths but bad management. I have no question that ninety per cent. of all the persons who die in this country, setting aside the few whose lives, from old age, come to a natural close and those who die from casualties and accidents, might just as well as not live, if they, and those who have them in charge, only knew how to keep them alive. They do not die, either because of the want of vital power to live, or by reason of the destructive nature of the diseases with which they are afflicted; but simply because their physicians and nurses do not understand the laws upon which life and health depend, and unwittingly, therefore, become agents in their destruction. To consider, then, each individual with whom one may have to deal, in the light of his or her idiosyncrasies, or constitutional peculiarities, and to proceed to treat such person with due heed to this, is to throw weight into the scale in his favor.

PECULIARITIES CONSIDERED.

The first thing, in the case of a member of a given family being taken sick, to take into account, is, the characteristics of

the individual. If in his ordinary relations, or in his habits of life, he has shown any particular likings or dislikings in any direction, such as preference for any member of the family, the attendance of any particular physician with whom he may have formed an acquaintance, or for any particular kinds of food or drink, or bed apparel, or the arrangement of the furniture in his room—these are things which should have due weight given to them. Each by itself may be of more or less importance, but not improbably some one of them may be of great importance. As, for instance, to take a boy or man and give him one of his own sex for a nurse, might be a great outrage upon his nature, and the converse would be equally true. Some women cannot bear to be nursed by a person of their own sex. They are entitled to have, and should have, persons of the other sex who at least should have the responsibility of their management. With others this would make little or no difference, yet other things might make a very great difference. The location of the room with relation to the points of compass, and the shining in of the morning or the sunset light; the arrangement of the bed, whether its head points north or south; the very bed clothing, whether the outside is a white counterpane or a calico quilt; the relation of the furniture to the patient when lying down, might be matters of great importance. So far as these can be arranged to meet the fancy or gratify the desire of the patient they should be, because in many cases of illness, cerebral congestion is an attendant condition, and wherever this does exist morbid fancies are very likely to arise, the organs of vision may be greatly exalted or weakened in their action, objects may have an unnatural look, and anything which is unfamiliar, or which under conditions of health would be likely to be considered by the individual as in bad taste or out of place, would have great weight in determining the degree of such congestion.

I offer these suggestions, because sick persons are often placed

in circumstances quite unpleasant and uncomfortable, when the ability on the part of their friends to make them entirely comfortable is ample. In large hospitals, or on occasions when great numbers of persons are taken sick at the same time, and are compelled to be herded together miscellaneously, and necessarily without much thought or forecast, these considerations would be of little avail. But in the quietude of a private family, very much more might be done at the very commencement of the effort to cure the patient, than is usually done.

Such criticism, therefore, in this direction is not out of place.

Supposing then, that a person is taken sick, no matter with what disease, so it be one of import enough to demand particular heed, and reference has been had to the particular constitution and education of the patient in arranging matters for his or her comfort, let me proceed still further to suggest points worthy of attention.

LARGE ROOM.

Any person so sick as to be compelled to go to bed and remain there, should have placed at his disposal the largest and most thoroughly comfortable room in the house, though this be the parlor, instead of being placed, as is often the case, in some back or by bed-room where nothing but dissatisfaction with his condition can arise, and nothing but discomfort be had. I do not know how better to condemn the selfishness for the most part existing, than to satirize or ridicule the idea entertained in regard to a parlor, or a room set apart for the entertainment of company. Hundreds of times have I been called to give medical advice in respect to the treatment of sick persons, when I have observed how conventional and false the family ideas were in respect to this peculiar order of relation. No matter what member of the family was sick, generally speaking, the arrangements with reference thereto, were about as uncomfortable as they well could be under the circum-

stances. When, therefore, in the exercise of my professional liberty, I have proceeded to criticise the arrangements of the family for the comfort of the patient, and have demanded that he should be taken out of some little nook or cubby-hole which had been assigned to him, and requested that the best room in the house should be given up for his use, and in search of it have walked into some nicely carpeted, but closely shut up select room, or parlor, and taken a bird's-eye view of the dimensions and fitness for the uses to which I wished to put it, the entire family force has arrayed itself against me, and proceeded to testify its sense of disapprobation, in an unmistakable manner, at my suggestion. Only now and then have I found a cordial appreciation of the views here presented. But I never knew of any instance where, on finding my way clear in the making of arrangements for the additional comfort of the individual, that I did not receive his or her gratitude therefor. Oftentimes when I have taken a little boy or girl, a young man or woman, out of a corner bed-room six feet by eight, and placed him or her in a large, numerous-windowed, well lighted and easily well ventilated room called a parlor, have such expressions as these been made, "Oh, how nice! how much better I feel!" "It seems to me that I shall get well here." "One might almost like to be sick in such a pleasant place as this." "Now I shall not feel that I am a burden to those who have to wait on me," &c.

Proceed then, when any member of your family is taken sick, to appropriate the best room in the house. What will make it the best one are the following points: size, warmth, capacity for sunlight, thorough ventilation, and freedom from the noise necessarily attendant upon the performance of ordinary household duties.

Let us consider some of these points in their order and bearing:

SUNLIGHT.

All sick persons should have plenty of light. It should not be brilliant or glaring, but should be shaded and made mellow. For this purpose, curtains which are white or of a nankeen color may be readily extemporized, and should be put at the windows so that the rays of light, which, if coming directly from the sun, and entering the window would be too powerful, may be broken up and softened; but dark curtains should never be placed before the windows, except in extreme cases of visual irritation, and then it may be considered questionable whether these should be for any length of time continued. Light, as a hygienic or curative agent, has not had sufficient importance attached to it by those whose business it is to look after the sick. The human organism cannot thrive, nor can it remain long in a healthy condition, in the absence of light. The child subject to darkened rooms, or living for the most part in the shade, after a length of time, according to the organic laws of its existence, shows conditions corresponding in nature and kind to those which vegetable organisms display, when so arranged to growth and development as to have none of the sustaining force or invigorating influence of light. The law of analogy in this view comes greatly to one's aid. We all know how the nature of a plant is changed which is made to grow where it cannot have the benefit of light. While it contains some of the constituent properties that in a natural condition go to make it up, it lacks other elements in such a degree and measure, as to make it, on the whole, quite a different substance or plant from what it is seen to be when all the laws in relation to its growth are observed. To such a degree does abnormality take place when the plant is deprived of light, that perfection is impossible. For instance, plant in the richest soil a hill of potatoes in any spot where the sunlight cannot reach, and though the tubers will sprout and stalks push up through the earth, no new production will be perfected.

Then, light is such an necessary hygienic element to the maintenance as well as to the creation of conditions of health for human beings, it cannot be less important as a constituent in the overcoming of any morbid states into which a person may be thrown, and by reason of which he becomes sick. As a therapeutic or curative agent, light is not less valuable, therefore, than it is as a hygienic agent. In the sick chamber it should be taken into account and made to serve as available a purpose as in the ordinary and common conditions of a household.

It is difficult for a physician to classify the hygienic agents and speak of them in their relative order of importance, when each is essential to the health of mankind. If, however, it is proper to make a comparison, I do not feel myself open to criticism when I say, that for the maintenance of healthy conditions to the human body light is as essential as air. For though a man deprived of air would die sooner than if deprived of light, to be deprived of the latter entirely would after a while produce such abnormal conditions as to impose on him incurable diseases.

Give then to sick persons abundance of light. Florence Nightingale, in her little work on nursing, takes occasion to say, that her experience in the hospitals and among the sick soldiers in the Crimea, led her to observe that where there had been great loss of blood from wounds received in battle, and great debility and depression of the nervous system consequent thereon, those persons recovered the fastest, who, other things being equal, were placed where they could have the best sunlight; and that in great numbers of instances she noticed that such persons uniformly went to sleep and slept the soundest, and awoke the most refreshed, who had abundance of light. She also states as a fact, what is generally supposed not to be true, that such persons would, whenever they fell asleep, uniformly turn their faces toward the light, if it was only a

little softened and mellowed down by curtains. Doubtless in their peculiar conditions the effect of the light upon their nervous systems was sedative.

AIR.

By what process of false reasoning the general impression has come to exist that air is unfriendly to the recovery of the sick, I am not able to say, but that in a great degree this notion is entertained, is obvious to any and every person who has had to do with the sick. Partly, it may be accounted for on the ground that persons in health generally avoid exposure to air. Now there can be no more invigorating influence brought to bear upon the human body than that which is to be found in habitual exposure to pure air. One cannot live for any great length of time in health without inhaling it, and next to taking pure air, by inhalation, is the permitting it to have free access to the surface of the body. The purification of the blood is not insured solely by the respiratory process. It is quite as necessary that the organs of excretion, having their termination in the skin, should operate as efficiently in the carrying off waste matters lodged in the various tissues, and floating in the blood, as that the respiratory organs should so act.

Physiologists claim that four sevenths of the waste matters in the human body pass out of it by means of the organs of excretion terminating in the skin. If so, air is of essential consequence in determining the conditions of health of this structure. Water Cures have sprung, and are springing up, in various parts of the land whose conductors seek to restore diseased persons to health by various forms of bathing, in connection with other things. Now I am not a Water Cure physician, in the popular sense of that term. I do not believe in curing diseases by the use of water only, and were I called upon to give my opinion as to the comparative merits of water

bathing, *as it is generally practised* in Water-Cures, and in private families, in this country, and of air baths, as they might be, and can be easily taken by individuals, if they were only intelligent in respect to their application, I should decide in favor of the latter.

The majority of persons in this country suffering from ill health, who seek to invigorate their bodies by means of water baths, after the manner in which they take them, do themselves more harm than good,—or if this statement needs qualification, which I do not believe, then I will modify it by saying that they receive much less benefit from their processes of bathing in water than they would from bathing in air. To illustrate: A person of predominant nervous temperament, with strong constitutional predisposition to congestion of the mucous membranes, and therefore to imperfect circulation of the blood through the skin, to rise in the morning and proceed to wash his body all over in water at such temperature as is usually applied, say not higher than eighty or eighty-five degrees, and then be rubbed by an attendant, is likely to receive much less benefit from such bath, *taken at that time of day*, than he would to raise the windows in his sleeping room, allowing it thereby to become thoroughly ventilated, and filled with pure air, at a temperature even lower than that of the water to be applied in the water bath, and then, in a nude state, to be rubbed by an attendant, until capillary circulation on the skin should be thoroughly induced. If feeble persons, of either sex, would, through all seasons of the year, accustom themselves to air bathing in the morning, or at midday, having arrangements made for such purpose, which can easily be secured, extending the time of the bath to three, five, ten, fifteen or twenty minutes, during which period light frictions should be applied to induce capillary circulation, they would get very great benefit from it. Nothing could be more hygienic, scarcely anything in the whole round of applications of hygienic agents, could

be more decidedly therapeutic, and without any particular trouble or expense such a bath can, by a little forethought and care, always be had. There need be no exposure nor any inefficacy exhibited, in taking it. It is at the command of any person who occupies a sleeping room which has a window or two in it, and should be applied in the cases of all persons suffering from acute diseases, and who are constitutionally feeble. I have long since discarded in my practice general morning baths. They constitute a very exceptional application, and have given way under my increased experience.

Be sure, then, that in treating any invalid, whether suffering from acute or chronic diseases, you see that the room occupied has plenty of pure air, and that the person has opportunities to bathe in it. Where, as at Our Home, we treat chronic diseases, and those of the most complicated and obstinate nature, air is considered by us as a *sine qua non* to restoration. It was, therefore, in view of the essential importance of this agent, that we selected our present locality, and here, as many know, we have the finest, driest, most bracing air. There are no swamps, bogs, nor miasms within miles of us. Hence it forms an essential part of our remedial force, that our patients, who are able, should practically live out of doors, being dressed in a costume fitted for that purpose and available to that end, and that those who are not able to get out of doors, should be in the hands of attendants who will give them all possible means of breathing and bathing in pure air. Do not be afraid when you have persons suffering from any disease, no matter what, to give them abundance of this great fluid. It is so refreshing, so recuperative, so calculated to restore the body to healthful conditions, and so easily obtained, as to leave those who forbear to use it for the benefit of the sick without justification.

In regard to the uses of warm and cold air for invalids, especially where persons are to be treated for diseases growing

out of a deficiency of circulation in the skin, I have long made it a practice to arrange sitting and sleeping rooms so that thorough ventilation can be had, while a good glowing fire in the colder portions of the year can be kept up night and day. I am satisfied that the general notion on this subject is incorrect. That persons of feeble respiration and imperfect external circulation should be compelled to sit or lie in rooms the temperature of which is so low as fairly to be denominated cold, is unhygienic. It is far better to have the room of an invalid kept at a temperature not below sixty-five degrees, and if necessary to admit cold air, it should be modified by the effect of a steady, well regulated fire, kept in the room during the night.

WATER.

In alluding above, as I have, to the benefits of air-bathing, as against water-bathing, I do not intend to disparage, in the least degree, the uses of this important hygienic agent, but only to guard against its abuse. Notwithstanding all that has been said in "THE LAWS OF LIFE" on the subject, letters are received by us daily, asking for advice in respect to the treatment of various diseases, in which missives the writers proceed to state that they have tried *cold* water for a considerable length of time to no benefit. Except in acute diseases, and these where the subjects of them are of great constitutional vigor, the application of *cold* water externally to the body, is so unjustifiable as to amount to mal-practice.

I care not what writers on the subject may have said, nor who the writers may have been, or may be, the production of reaction by any process that subjects the nervous system to unnecessary shock, is indefensible. The changes through which the human body should pass in the overcoming of morbid conditions, and its reinstatement to normal conditions, should not be violent, if avoidable. A great object in making applica-

sion of any hygienic agent with a view to produce therapeutic effects, should be to avoid unnecessary expenditure of vital force. Disease itself is nothing more or less than excessive vital action. Nature of her own necessities produces this, and, owing to the external conditions and surroundings of the subject she has in hand, sometimes finds herself compelled to make extraordinary expenditure. To assist her in changing these conditions, so that she may be able to expend less force than otherwise she would be able to do, is the true mission of the doctor or the nurse. Where a person is so diseased, therefore, as to be confined, and arrangements for his treatment and recovery have necessarily to be somewhat minute and elaborated, and within the control of those who have the case in charge, water baths may and should form an important constituent in the means used. Baths in the morning, if they can be avoided, should not be administered. On the other hand, they should be given at such time or times of day as the person, when in health, habitually shows the greatest degree of physical vigor.

Whatever agency is employed recuperatively, should be employed, if possible to do so, when the vigor of the body is at its maximum, and not at its minimum point. Where, therefore, there is evident want of power caused by its having been expended, rest, or entire freedom from *further* expenditure, is what the organism demands.

In the application of hygienic agencies, with a view to the recovery of the sick, there has been, and I fear will for a long time continue to be, as serious intermeddling with the functions of Nature as is common in the drug medicating practice. The physician, nurse, and the patient himself *feel* that unless something is being *done* for the recovery of the latter, he cannot get well. Thus when a drug giving doctor is called to the bedside of a person who is sick, the plan of action laid out is to keep the organism under a round of constant changes

with no intervals of rest. How often do persons with acute diseases become the subjects of unintermitting drug-medical processes for weeks! All this is directly calculated to kill and not to cure them.

In Water-Cures, and in home water-cure practice, where persons are being treated for acute or chronic diseases, there seems to be almost a mania prevailing to subject them to frequent water applications, and to keep them undergoing constant changes thereby, with a view to some desirable specific result. It is a common practice with hydropathists in the treatment of chronic diseases, to give from three to four different baths in twenty-four hours, and in acute diseases to give an indefinite number, say anywhere from four or five to ten or twelve applications in the same period of time. Where persons have fevers, the water-cure doctors and nurses who have them in charge, in many instances, think that too much of bathing cannot be had, forgetting, in their zeal and earnestness to cure the patient, that recovery from disease necessarily comes from the exercise of the Vital Force *reactionarily* manifested, and that if reaction is not permitted the treatment must necessarily be every way open to objection. I offer, therefore, this general programme of water bathing for the sick.

1st. Never give water below a temperature of seventy-two degrees, without either preceding or succeeding such application by water of a temperature as high as that of the blood, say, from nine y-five to one hundred degrees.

2d. Never give a bath to succeed another, unless so closely thereafter as to make the two substantially one and the same, until reaction has been thoroughly established from the bath first given.

3d. Give baths always—no matter what the diseases—at a time when the patient shows the best conditions, if it be the case that in each twenty-four hours or that period during which the earth revolves on her own axis there is a point whereat

the patient feels better. At such period administer your treatment, whatever it may be, if it be designed to induce reaction, on the principle that all attempts on the part of a physician or a nurse should be to aid Nature, and she is assisted by them in the best and most successful manner when she is in the best relations to the subject of her effort.

I know that these suggestions will appear strange to many persons, but if they are followed they will be found to be a great improvement on the old or common methods of treating the sick. To illustrate what I mean : Take a person having well defined fever and ague, and I venture to say that under the hydropathic treatment four persons out of five who might seek to cure him would bring all the efficiencies of water applications to bear upon the subject during the day on which the paroxysmal conditions should show themselves. Thus he would be wet-sheeted, packed, sitz-bathed, half-bathed, plunged, douched, rubbed, manipulated, worked over, fussed over and attended to from morning till night with a view to check or overcome or break up what are called his "fits." Should success follow the effort it would not result in cure. More likely than not it would be limited simply to a change of time in which the paroxysm would show itself. My treatment of such case would be on the day in which the patient should have his paroxysm to do as little for him as would comport with his personal comfort, and on the day in which he should have no paroxysm, and when he might show—as many fever and ague patients do—conditions apparently normal, to bring to bear all the sustaining forces that I could, thus seeking to aid Nature in so arranging his vital force that his bodily functions might be properly performed and remain normal, and so he have no more fits.

FOOD.

In no department of the duties which the treatment of the

sick creates, is there greater need of knowledge than in respect to the uses of food. The popular idea is so nearly universal that sick people need frequent feeding, that great error exists in this respect, and great injury results from its practical adoption. For sick persons are quite as often made so and kept so by over-feeding, or from the use of unwholesome foods, as otherwise. Where a patient shows a disease such as indicates inflammatory conditions, his food should be given at long intervals, and then in moderate quantity only.

Fluid foods, as they are usually called, such as porridges or gruels made of the meal of corn or wheat stirred into water, with a little milk or cream in them, are sufficiently nutritious and far better than solid foods, or rich soups made of the flesh of animals, for persons who are sick with inflammatory diseases.

Especially should good heed be given to the feeding of a sick person during the earlier stages of convalescence. Relapses are often brought about by carelessness in this direction. Only when there is evident giving way of the disease, the conditions of the system having changed greatly for the better, the appetite returning and the external signs and symptoms of recovery correspondingly exhibited, should the nurse permit a free use of food. In this respect, then, let due care be had. There is no danger of the patient dying, though a number of days should elapse without full feeding.

But in cases of chronic diseases, where no inflammation, or that only which is passive, exists, and innutrition evidently shows itself, the patient should eat plentifully, but the food eaten should be of an unstimulating and unexciting kind. Many persons suppose that because I recommend dietetic considerations with significance and earnestness, declaring my convictions that most invalids do themselves great injury in their use of high seasoned flesh meat foods, I must necessarily advocate severe abstinence in cases of chronic disease, and that one of the cardinal features of my treatment is to place

my patients upon a meagre allowance. By such a supposition they do me great injustice, for I do not belong to the starvation school, nor am I an advocate for the hunger cure. The table at "Our Home" is spread with an abundance of food, which is admirably cooked, and of which most invalids can partake plentifully, without any danger therefrom. I often have persons who are strangers to me, upon visiting Our Home, and eating breakfast or dinner with us, express their surprise at the abundant supply of food furnished our patients, and the very generous appropriation which each makes to himself. The fact is, very much of the freedom from injury which my patients enjoy under a liberal use of food, is owing to the kind and the very healthful manner in which they are prepared.

QUIET.

I scarcely need say anything on this point particularly, in addition to the suggestions offered in my opening remarks, for any thoughtful person can infer from these, how necessary freedom from mental excitement is to the occupant of the sick chamber. The fashion in common life is to be officious in the showing of kindness to the sick. Neighbors frequent the house, making inquiries, desirous of seeing the patient, and gathering up capital for a little vent of their gossip in respect to the probability of his recovery, and passing judgment upon the manner and method of treatment which the physician has adopted. Thus they are unintentionally the means, oftentimes, of so creating additional excitement, or irritation of the nervous system of the patient, as to greatly retard his recovery. If possible to do so, then, keep visitors away from the sick chamber. Do not permit anybody to come in who has no particular or specific duty to do, and change your nurse only as often as is actually necessary. The nurse becomes a sick person becomes to a nurse provided there is at the outset no objection in his or her mind to the attendant, the better it is

Were I a physician in out-of-door practice, I should greatly desire to furnish to my patients nurses of my own choice, and, though the expense might be apparently a little greater, I should calculate that my success therefrom would warrant the outlay

CLEANLINESS.

Keep the patient's personal apparel and bed-clothing clean. Nothing is more necessary to his recovery than this. The linen which he wears should never be used longer than twenty-four hours, and all the arrangements in his room, having reference to purity of air and cleanliness, should be perfect.

I thus have sketched some of the points which, in my judgment, are of importance in the management of the sick room, and the conduct of its attendants.

God is so good in all his relations to us that we ought cheerfully to render obedience where he has imposed it, and were we to be as careful in the department of health, as we seek to be in the department of our higher natures, very much of the sickness which now so often afflicts us would be avoided, and our happiness be greatly enhanced.

THE LAWS OF LIFE,

AND

TEMPERANCE JOURNAL,

Is devoted to discussions on all matters pertaining to Human Health, and the best means for its promotion; and also to discussions on the best methods to induce our people to abstain from using substances which intoxicate. Specifically considered, its object may be said to be,

1st, To teach the people how to live without sickness.

2nd, If sick, how to get well without drugs and medicine.

3d, How to live, and think, and work without using intoxicating liquors or intoxicating drugs.


4th, If addicted to their use, even though it be to excess, how to abandon them and recover their self control.

This makes a comprehensive plan of labor for its editors and contributors.

On the subject of HEALTH it may be said truthfully that our people are lamentably ignorant. Sickness prevails to a great extent, when but for want of knowledge how to keep well, it might be avoided. Great numbers of persons die yearly, who might just as well as not live if they understood the laws of life and health. Surely, in this direction no person ought to be indifferent.

On the subject of Temperance, the discussions in its columns will be new. The Editors occupy advanced ground. They think that in order to induce those who drink ardent spirits habitually to abandon their use, some thing more *must be done* than simply to argue the question of *their* injuriousness to health and happiness and the well being of society, and ask drinkers to sign a pledge to drink no more. They think the pledge should reach all narcotic drugs and drinks as well as cider, wine, ale, and strong liquors. Hence we ask Temperance men and women all over the land to subscribe for our Journal and hear what our editors have to say.

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